



10 Tips for the Caring Adult

Career Assessment and Exploration

1. **Help youth learn about as many different jobs, businesses and professions as possible.** Talk with friends and relatives when youth are present. Talk to youth about your own job. Take them to work with you if possible.
2. **Motivate youth to do their best in school and extra-curricular activities.** Let them know that, for right now, school is their job. Make sure they attend every day, on time, and with a good attitude. It's important for youth to see the connection between hard work and a job well done.
3. **Explore with them their personal talents, likes and dislikes.** Ask: "What are you good at?" "Do you like being around people?" "Do you like working inside or outside?" The more youth know about themselves, the easier it will be to recognize jobs they'll like and do well.
4. **Teach youth children responsibility by giving them jobs around the house.** Help them gain pride in doing a good job. They'll start to understand that people rely on them to get things done.
5. **Help youth appreciate the value of ALL work in our society.** Don't discount any jobs as not worth pursuing.
6. **Guide youth toward acquiring skills**—problem solving, math, English, science, technology. Help them see how the skills they are learning link to skills needed on the job.
7. **Find out what youth are learning in school.** Work with teachers and parent/teacher organizations to ensure that job readiness is part of the curriculum.
8. **Encourage schools to provide real-work experiences** through job shadowing, work-based learning, field trips, and employer visits.
9. **Find out what opportunities for career exploration exist in your community** (scouting, 4-H, Junior Achievement) and encourage youth to participate.
10. **Provide as many opportunities as you can** for youth to learn and use technology.